

Faith-Based Bulletin Insert  
National Influenza Vaccination Week (NIVW)  
December 5-11, 2010

This week, December 5–11, 2010, is National Influenza Vaccination Week. We are joining efforts with many other centers of worship in preparing for the flu season. While there are many health issues confronting our communities, flu is a serious disease that can lead to hospitalization and sometimes death. Anyone can get sick from the flu, even healthy people. **You can help** prevent the spread of flu in your community **by getting your flu vaccine** and encouraging your family and friends to get theirs, too. Getting vaccinated against the flu helps protect our communities and allows us to stay focused on what matters most—loving and serving others!